

## Welcome!

Alaska's farmers grow some of the best produce in the country. Fresh fruits and vegetables are an essential part of good nutrition. The Alaska Farmers' and Senior Farmers' Market Nutrition Program introduces WIC participants and eligible seniors to produce grown in Alaska. Through this program, participants are issued coupons and vouchers that they can exchange for Alaska-grown fruits, vegetables and herbs at local Farmers' Markets and farm stands. The program helps Alaska's economy by bringing new customers to Alaskan farmers who sell their products directly to consumers. The USDA and the State of Alaska fund this program.

We encourage participants to keep this brochure as a useful resource for using Farmers' Market Nutrition Program coupons and Senior Farmers' Market Nutrition Program vouchers and Fruit and Vegetable Vouchers.

**Enjoy!**



State of Alaska  
Department of Health & Social Services  
Division of Public Assistance  
Nutrition Services  
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# 2015 farmers market nutrition program



## rural alaska sales locations



Alaska WIC Senior &  
Farmers' Market  
Nutritional Program  
(907) 465-3100

## Copper Center

### Glennallen Farmers Market

July—Sept / Wednesday / 3pm—5pm

Address: Mile 185 Glenn Hwy

#### Participating Farmers:

Spruce Meadows Farm

Slana River Produce

Copper River Red Spud Co.

### Spruce Meadows Farm

July—Sept / Sat. & Sunday / 9am—5pm

Address: Mile 1/4 N. Harris Way

*Directions: Follow Richardson Hwy to Mile 94, turn west on Norris Ave. At end, turn right on Harris Way to 1st driveway on right*

### Slana River Produce

June 15—Sept 10 / Mon—Sat / 10am—7pm

Address: Mile 4 Nabesna Road, Slana

*Directions: Once on Nabesna Road, the road will curve to the left after 1/4 mile, continue past church, a few more curves than look for a gravel road on the left side of the road.*

### Copper River Red Spud Co.

Address: Lot 9 Willow Loop Road

June—Sept / 9am—5pm

## Dillingham

### Unicorn Gardens

June to October

*Dillingham Hockey Rink*

Saturdays from 11am—3pm

Wednesdays from 2pm—6pm

*4538 Unicorn Lane, Dillingham*

Drop-in and by appointment

### Warehouse Mountain Farm

*Dillingham Hockey Rink*

June to October

Saturdays from 11am—1pm

July to October

Wednesdays from 4pm—6pm

## Bethel

### Meyer's Farm

*9101 Ptarmigan Street*

*Directions: On the way to Tundra Ridge subdivision*

Wednesdays from 2pm—6pm

Saturdays from 9am—2pm

**Questions?**  
**Call your Local WIC Agency**  
**or the WIC State Office**  
**at (907) 465-3100**

## Examples of Approved & Ineligible Produce

Fruits		Vegetables	
Apples	Pears	Artichokes	Greens
Blueberries	Pumpkins	Beets	Onions
Cantaloupe	Raspberries	Broccoli	Parsnips
Cherries	Rhubarb	Cabbage	Radishes
Marionberries	Strawberries	Carrots	Tomatoes
Peaches		Corn	Yams
Fresh-Cut Herbs (not allowed for purchase with FVV)			
Basil	Dill Weed	Parsley	Tarragon
Chives	Mint	Rosemary	Thyme
Cilantro	Oregano	Sage	
Ineligible Foods			
Fruits or vegetables processed beyond their natural state			
Fruits or vegetables with added sugars, fats, or oils			
Dried fruits or vegetables			
Honey, tree or fruit syrups, cider or juice			
Vegetable-grain or fruit mixtures			
Nuts, seeds, fruit leathers or fruit roll-ups			
Eggs, meat, cheese, or seafood			
Canned or dried mature legumes			